

WHAT IS CLAIMED AS NEW AND DESIRED TO BE SECURED BY LETTERS
PATENT OF THE UNITED STATES IS:

1. A fat composition comprising:
 - (A) a fat containing at least 15% by weight of diglycerides;
 - (B) a fatty acid L-ascorbic ester; and
 - (C) a component selected from among catechin, rosemary extract, sage extract and turmeric extract.
2. The fat composition of claim 1, wherein the catechin is that having an ash content of at most 5% by weight.
3. The fat composition of claim 1, which further comprises silicone.
4. The fat composition of claim 1, wherein said fat is selected from the group consisting of vegetable oil, animal oil, hardened oils, fractionated oils, random transesterified oils thereof and mixtures thereof.
5. The fat composition of claim 1, wherein said fat is selected from the group consisting of soybean oil, rapeseed oil, palm oil, rice oil, corn oil, beef tallow, fish oil, hardened oils, fractionated oils, random transesterified oils thereof and mixtures thereof.
6. The fat composition of claim 1, wherein said fatty acid L-ascorbic ester is selected from the group consisting of L-ascorbyl palmitate, L-ascorbyl stearate and a mixture thereof.
7. The fat composition of claim 1, wherein said fatty acid L-ascorbic ester is present in an amount of at least 0.006 wt. %.
8. The fat composition of claim 1, wherein said fatty acid L-ascorbic ester is present in an amount of 0.01 to 0.05 wt. %.
9. The fat composition of claim 1, wherein said fatty acid L-ascorbic ester is present

in an amount of 0.02 to 0.04 wt.%.

10. The fat composition of claim 1, wherein component (C) is a catechin selected from the group consisting of epicatechin, epigallocatechin, epicatechin gallate, epigallocatechin gallate and a mixture thereof.

11. The fat composition of claim 10, wherein said catechin is present in an amount of at least 0.004 wt %.

12. The fat composition of claim 10, wherein said catechin is present in an amount of 0.008 to 0.08 wt.%.

13. The fat composition of claim 1, wherein component (C) is a rosemary extract or a sage extract present in an amount of 200 to 5,000 ppm.

14. The fat composition of claim 1, wherein component (C) is a rosemary extract or a sage extract present in an amount of 500 to 3,500 ppm.

15. The fat composition of claim 1, wherein component (C) is a turmeric extract present in an amount of 50 to 1,000 ppm.

16. The fat composition of claim 15, wherein said turmeric extract is present in an amount of 100 to 1,000 ppm.

17. The fat composition of claim 1, wherein said catechin and said fatty acid L-ascorbate ester are used, in a weight ratio of 0.03 to 3.

18. The fat composition of claim 1, wherein said rosemary extract or sage extract and said fatty acid L-ascorbate ester are used in a weight ratio of 1 to 20.

19. The fat composition of claim 1, wherein said turmeric extract and said fatty acid L-ascorbate ester are used in a weight ratio of 0.1 to 5.

20. A method of producing a confectionary selected from the group consisting of

fried rice, fried wheat, fried corn, fried potato, fried sweet potato type, fried potato, fried chicken, fries, doughnut, instant noodles comprising heating a confectionary selected from the group consisting of rice, wheat, corn, potato, sweet potato, chicken, dough, in the fat composition of claim 1.

1. A method of preparing a fried food product, comprising:
a) selecting a food item from a group consisting of rice, wheat, corn, potato, sweet potato, chicken, and dough;
b) heating the food item in a fat composition;
c) heating a confectionary selected from the group consisting of rice, wheat, corn, potato, sweet potato, chicken, and dough in the fat composition;
d) combining the food item and the confectionary in the fat composition;
e) heating the combined food item and confectionary in the fat composition to form a fried food product.